

# newsletter

AIDS NETWORK OF EDMONTON

OCTOBER 15, 1986

VOLUME 1 NUMBER 8

## turning Points

The AIDS NETWORK OF EDMONTON is offering a six-part series of evenings designed to help you participate in your own health and total well-being. This series recognizes that what we do and how we feel influences the state of our health. We invite you to any or all of these sessions; there is no charge. Each evening will conclude with an informal social hour. Refreshments will be provided.

### Oct. 21, 1986 - NEGOTIATING SAFER SEX

SPEAKER: Mr. Michael Phair

This evening is intended as a relaxed, accepting setting for discussion of the facts and feelings associated with sexual practices. Information will be provided that can allow participants to develop guidelines that are relevant to their lives. Come and discover how low risk practices can be creative and pleasurable ---as well as healthy.

RESOURCE PERSON: MICHAEL PHAIR

- is Chairperson of the AIDS NETWORK, an Educator

### Nov. 4, 1986 - NUTRITION : Food for Life

SPEAKER: Jan Burns

Did you ever wonder if you are getting the maximum nutrition for your health? Good food is essential to a healthy immune system. This information session on nutrition will focus on the essential role nutrition plays in feeling well, maintaining an active lifestyle, and enhancing fitness. There will be plenty of opportunity for you to ask questions.

RESOURCE PERSON: JAN BURNS

- is a Community Health Nutritionist with the Health Promotion Division of the Edmonton Board of Health. She conducts workshops on a regular basis and is committed to helping others enhance their total well-being.

### Nov. 6, 1986 - SELF ESTEEM : Appreciating

SPEAKER: Juliana Kratz

How we feel about ourselves affects our total being - including our health. This evening will focus on the importance of appreciating ourselves and on drawing out our human potential. Loving ourselves is a vital part of loving others. Self-esteem is not only healthy; it can be healing. Join us in celebrating YOU.

RESOURCE PERSON: JULIANA KRATZ

- has been an educator and relationship counsellor for 10 years. She is currently doing freelance workshops and continuing her commitment to help others value themselves.

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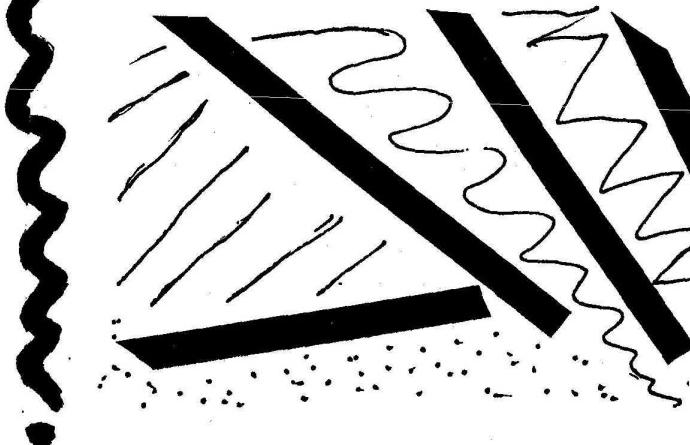
## latest stats

The Laboratory Centre for Disease Control reports 743 cases of AIDS in Canada. Of these cases, 726 are adults and 17 are children.

In Alberta, there has been 38 cases reported. Of these, 16 are still alive.

In Edmonton, there are nine cases (unofficial)

6 October 1986



## TURNING POINTS - continued

Nov. 18, 1986 - THE LOVING TOUCH

SPEAKER: David Bergmark

We all need to be touched and loved. This evening will explore the importance of touch and effects of love in human behavior and on the human condition. This is an introduction to massage. It is a time to acquire a comfort with the touch experience and to learn how to give it away.

RESOURCE PERSON: DAVID BERGMARK

- is a graduate of the Canadian College of Massage and Hydrotherapy. He is an instructor of Massage at Grant MacEwan Community College and has been a massage therapist in private practice for 6 years.

Nov. 20, 1986. - FITNESS AND

RELAXATION

SPEAKER: Kathy Marvin

(a positive approval to your willness) An evening of ideas and options to promote your own health and well being. An opportunity to "get control" and feel in control of your body. We will explore fitness, lifestyle, stress management, relaxation and positive visualization. This session will be very practical and allow for questions and discussions. Come dressed in comfortable clothing for light activity.

RESOURCE PERSON: KATHY MARVIN, B.S.W. - is an Alberta Fitness Leadership Certification Trainer. Kathy has been leading adult groups for ten years, and is excited about alternative ways of promoting well-being.

Dec. 2, 1986 - AN AIDS UPDATE

SPEAKER: Dr. Barbara Romanowski

The AIDS crisis in North America is seven years old; in Edmonton AIDS is two years old. Come and hear the latest. ...the drop in numbers of people with Kaposi's Sarcoma, AZT--a control?.., and other new information.

RESOURCE PERSON: BARBARA ROMANOWSKI, M.D., FRCP.

- is a director of the provincial Sexually Transmitted Diseases Clinic. She has examined many persons with AIDS or AIDS-related complex in Alberta.

## AZT: Hope at Last?

Last month one of the experimental AIDS drug trials was interrupted. Early results of the drug trial were so encouraging that the researchers felt it unethical to withhold the drug from trial participants receiving placebo. The drug used in this trial was azido-deoxythymidine (AZT). In the test-tube the drug is known to interrupt human immunodeficiency virus' lifecycle at its early stages. This prevents a virus from successfully completing its infection of a cell. The effects of AZT on persons with AIDS was largely unknown until the drug trial was conducted. During the course of AZT treatment, PWA's experienced a definite improvement of health associated with an increase in helper T-cell numbers. While the short term effects are encouraging, its long term effects are unknown. Whether these beneficial results are sustained over time is a question we must wait to have answered.

AZT is expected to be made available to over 6000 persons with AIDS in the U.S. by the New Year. When and whether it will be distributed in Canada is anybody's guess.

## APPLICATION FOR MEMBERSHIP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

A \$25<sup>00</sup> membership entitles the undersigned to discount admission at specified AIDS NETWORK events, regular newsletter mailings, and the right to vote at AIDS NETWORK meetings.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please notify the AIDS NETWORK if your address changes.

Please enquire about the reduced membership rates for students or the unemployed.

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